Activity #1: Buddy Bracelets
- Explain to your members that we are going to meet a lot of people in our lifetime. More than likely, we are not going to like everyone that we meet, but that doesn’t mean we have the right to be mean or treat them poorly. We should always try to be nice to everyone. Always remember: Be a Buddy, Not a Bully! The intention of this activity is to make a bracelet for a buddy. It can be for a buddy whom we already have, or we can make a new buddy and give it to them.

Supplies Needed: Various colors of string, beads (not required)
Ages: Any

Activity #2: Superhero Me Coloring Sheets
- Explain to members that in order to prevent bullying we need to be brave, strong and confident. We need to stand up for ourselves and others around us when bullying occurs. In this activity we are going to have members color their hero to resemble themselves or how they would like to look if they were a “superhero”. Once they have finished coloring their hero, they will need to write ten positive words to describe themselves. Ask for volunteers to share with everyone. If bullying occurs and we take a stand, we can all become heroes.

Supplies Needed: “Superhero Me” coloring sheet handouts, coloring utensils
Ages: Any

Activity #3: Breaking a Sweat
- In this activity members will partner up to participate in a physical fitness challenge. This challenge features a station for jumping jacks, sit-ups, push-ups and jump rope rotations. Each pair of partners will take turns performing each task in 30-second periods (feel free to switch up the amount of time allotted to make it more or less challenging) while the other partner counts for them. You can do this having each partner switch off as soon as the 30 seconds expires, or you can have each member switch from station to station as soon as time expires and then switch off with their partner once they have completed all four stations. Have members record their number on their handouts. This is a challenge that you can do daily at your sites. Use this activity to explain to members the importance of physical fitness in our day-to-day lives. Challenge members to practice these exercises at home. Gradually, over time, chance are that they will become more committed to exercise.

Supplies Needed: Breaking A Sweat Handout, jump ropes, stop-watch, pencils
Ages: Any

Activity #4: Fantastic Family Member Awards
- Discuss with your members the importance of family. Spend time talking with them about their family traditions, what makes your family special and all of the things that their families do for them. Each member will receive a handout of the “Fantastic Family Member Award”. Have members
choose someone in their family to give this award to. Members will spend time decorating this
award for that family member. Volunteers can share with everyone who they decided to give theirs
to and why.

**Supplies Needed:** “Fantastic Family Member Award” handouts, coloring utensils

**Ages:** Any

**Activity #5: Healthy Hygiene Charades**
- Have the kids volunteer to come up and pull out a random charade from a bucket. That member will
  then act out the healthy hygiene habits listed below (feel free to come up with more of your own).
  Have the other members guess what they are doing. The member that guesses the charade correctly will get to go next.
  - Changing Your Clothes
  - Washing Your Face
  - Putting on Deodorant
  - Washing Your Hands
  - Flossing Your Teeth
  - Trimming Your Fingernails
  - Brushing Your Teeth
  - Washing Your Hair
  - Taking a Bath
  - Putting on Sunscreen
  - Washing Your Feet

**Supplies Needed:** Healthy Hygiene Charades cut-outs, bucket

**Ages:** Any

**Activity #6: Breakfast Collages**
- Distribute paper plates to all members and say that they are going to each create a nutritious
  breakfast, using photos cut out from magazines. Instruct them to choose foods from 3 of the 5 food
  groups. Encourage them to arrange the photos as they would on a plate. Invite members to share
  their completed breakfast collages with the group and share which food group their chosen foods
  belong to.

**Supplies Needed:** Paper plates, magazines, scissors, glue

**Ages:** Any

**Activity #7: MyPlate Monster Tag**
- Have your members line up at one end of the area. Choose 2-3 kids to be the MyPlate Monsters and
  assign the remaining members a food group: Fruits, Vegetables, Grains, Protein or Dairy. Once all
  members have their food group, explain that the Monsters are going to call out a food group and if
  they belong to that food group they need to run to the opposite side without getting tagged by the
  monsters. If they get tagged, they are out until the next game. The monster calls out food groups
  until a members are at the opposite end. They will then repeat the process until there is only 1
  person left.

**Supplies Needed:** A large area with space to run back and forth

**Ages:** Any

**Activity #8: Drug-Free Pledge**
- Have members think about their futures, dreams and things they want to accomplish throughout
  their lives. Talk with them about how all of their dreams are achievable if they avoid drugs. Drugs
  are very bad for our minds and bodies and can cause them to not be able to achieve their dreams.
  Give each member a copy of the drug-free pledge and have them write or draw a picture of their
dreams. Encourage them to hang their pledge at home so they never forget why they should never do drugs.

**Supplies Needed:** Drug-free pledge handouts, writing utensils, blank paper, coloring utensils

**Ages:** Any

**Activity #9: Create a Game Challenge**

- Divide your members up into even groups. Give each group some items from the ball closet (balls, flags, cones, hula hoops, jump ropes, etc.). Challenge each group to work together as a team to create their own game using the items they were given. The only rules that each group will have are that they cannot use the equipment for the actual game they are used for (ex: cannot use a football and have their game be football) or copy another group’s ideas. Give the groups about 15 minutes to create and practice a game. Once the 15 minutes is up, have all groups come back together. Each group will take turns explaining their game that they have created. Allow members to then play the new games that each group has created.

**Supplies Needed:** Various sports equipment

**Ages:** Any

**Activity #10: SMART Moves Gameshow**

- Explain to members that they are now going to participate in a game show. Have them get into 3 even teams and pick a team name. Instruct each team to sit together in the back of the room. On the white board, divide it into 3 sections and assign the teams to one of the sections. Give each team a copy of the Word List. Explain that they will be competing in a game show where the object of the game is to find the correct answer to a fill-in-the-blank questions you are reading. They will need to work together as a team and figure out the best possible answer. Once they think they know the answer, they will send a player up to the board. The first team up there will get to answer the question first, second next and third team will be last. All teams will get 30 seconds to figure out an answer to the question and send someone to the board. Once time is up, the first team’s runner will get to answer the question first if they get it right they will receive 3 points, the second team will go next and receive 2 points if they answer it correctly and the third team will go last and receive 1 point for answering it correctly. If any of them miss the question they will lose 1 point. Repeat the process until all questions are read and encourage teams to select a different runner each time. Tally the points at the end to determine a winner.

**Supplies Needed:** Game show questions, word list, white board & expo markers (or large paper & writing utensils)

**Ages:** Any
SUPERHERO ME!
# BREAKING A SWEAT (COMMITMENT)

Use this handout in conjunction with the “Breaking a Sweat” activity.

Member’s Name: 

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<th>Date:</th>
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Drug-Free Pledge

I Pledge Allegiance to Myself and Who I Want to Be. 'Cause I Can Make All My Dreams Come True, If I Believe in Me!
I Pledge to Stay in School and Learn the Things I Need to Know, To Make the World a Better Place for Kids like Me to Grow.
I Pledge to Keep My Dreams Alive and Be All I Can Be!
I Know I Can and That's Because I PLEDGE TO STAY DRUG-FREE!!

Signed By Members of: Boys & Girls Club and SMART Moves
This certificate is awarded to

FANTASTIC FAMILY MEMBER

For being a

Date

Awarded By
Healthy Hygiene Charades

Changing Your Clothes  Washing Your Hair
Washing Your Hands  Taking a Bath
Combing Your Hair  Putting on Deodorant
Brushing Your Teeth  Trimming Your Fingernails
Washing Your Face  Putting on Sunscreen
Flossing Your Teeth  Washing Your Feet
S.M.A.R.T. Moves Game Show - Questions

1. Beer contains ____________________________. (Alcohol)
2. It is illegal for anyone under the age of ____to buy cigarettes. (18)
3. The most commonly abused drug in the U.S. is _____________. (Alcohol)
4. The drug in tobacco that causes addiction is _______________. (Nicotine)
5. People who can’t stop taking a drug and need help are _________. (Addicted)
6. Cancer of the lips, mouth or tongue can be caused by ___________________________.
   (Chewing Tobacco)
7. Many people who ________________ feel short of breath and have a lot of colds. (Smoke)
8. Using marijuana makes it hard to _____________________________. (Remember)
9. Prescription drugs can be harmful if ___________. (Misused)
10. It is illegal to buy alcohol if you are under _______. (21)
11. __________ are substances that change the way your body/mind works and feel. (Drugs)
12. Drinking too much alcohol at one time can cause a person to ____. (Die)
13. The first drugs most often used by young people are called __________. (Gateway Drugs)
14. A wine cooler contains about the same amount of alcohol as a can of _______. (Beer)
15. The most commonly abused illegal drug in the U.S. is ___________. (Marijuana)
16. Sniffing or huffing products like glue or paint even one time can cause _____________.
   (Death)
17. Bad breath and stained teeth are some effects of ________________. (Smoking)
18. It is dangerous to ______ a car while under the influence of alcohol or marijuana. (Car)
19. Predicting how a person will react to an illegal drug is ____. (Impossible)
20. Using drugs won’t solve problems and can make them ________. (Worse)
21. Young people can become addictive to drugs after just one ___________. (Try)
22. _____________ is a drug that contains poisons like arsenic and rat poison. (Tobacco)
S.M.A.R.T. Moves Game Show - Answers

Word List

21 Gateway Drugs
18 Impossible
Addicted Marijuana
Alcohol Misused
Alcohol Nicotine
Beer Remember
Car Smoke
Chewing Tobacco Smoking
Death Tobacco
Die Try
Drugs Worse